

Age	Protein Needs in Grams	% Fat	Iron Mg.	Calcium Mg.	Physical Activity in Minutes
Females: 11-14 (major growth spurt)	46	Less than 30% total calories	15	1300	20-30 minutes: 3 times a week
Females: 15-18	44	Less than 30% total calories	15	1300	20-30 minutes: 3 times a week
Males: 11-14	45	Less than 30% total calories	12	1300	20-30 minutes: 3 times a week
Males: 15-18 (major growth spurt)	59	Less than 30% total calories	12	1300	20-30 minutes: 3 times a week

Sources:

Recommended Dietary Allowances, 10th Edition and Dietary Reference Intakes, Copyright 1989/2001 National Academy of Sciences

Lopez, Ralph, M.D., *The Teen Health Book*, W.W. Norton, New York, NY, 2002

Kid's Health: <http://www.kidshealth.org>